WE CLAIM

1. A consumable farinaceous food product comprising α-cyclodextrin and fat, wherein said food product has a ratio of α-cyclodextrin to fat of 1:20 w/w to about 1:3 w/w of said food product and wherein said food product comprises less than about 9% w/w total cyclodextrin.

2. The consumable farinaceous food product of claim 1, comprising at least about 7% to about 80% fat by caloric content.

3. The consumable farinaceous food product of claim 1 comprising less than about 6% w/w total cyclodextrin.

4. The consumable farinaceous food product of claim 1 wherein the food product is cooked.

5. A consumable non-farinaceous food product comprising complexes of α-cyclodextrin and fat, wherein said non-farinaceous food product has a ratio of α-cyclodextrin to fat of 1:20 w/w to about 1:3 w/w of said food product.

6. The consumable non-farinaceous food product of claim 5 wherein said non-farinaceous food product is a dairy, meat or vegetable food product.

7. The consumable non-farinaceous food product of claim 6 comprising less than about 9% w/w total cyclodextrin.

8. The consumable non-farinaceous food product of claim 5 comprising 5% to 50% fat w/w.

9. A method for enhancing organoleptic properties of a fat containing consumable food product comprising adding α-cyclodextrin to said fat containing food product such that the food product has a ratio of α-cyclodextrin to fat of about 1:20-1:3 w/w and wherein said food product comprises less than about 9% w/w total cyclodextrin.

10. The method of claim 9, wherein the α-cyclodextrin is a substantially pure α-cyclodextrin.

11. The method of claim 9, wherein said consumable food product comprises about 7% to about 80% fat by caloric content.

12. The method of claim 9, wherein the fat containing consumable food product is a consumable farinaceous food product.

13. A method for reducing the bioavailability of a fat in a consumable fat containing food product comprising determining the amount of fat in a consumable fat containing food product and combining α-cyclodextrin with the consumable fat containing food product such that the consumable fat containing food product comprises a ratio of α-cyclodextrin to fat of about 1:20 to about 1:3 w/w wherein said α-cyclodextrin is not removed from said food product prior to consumption.

14. The method of claim 13, wherein the consumable food product is a consumable farinaceous food product.

15. The method of claim 13, wherein the consumable food product is a consumable dairy, meat or vegetable product.

16. The method of claim 13 wherein the consumable food product comprises about 7% to 80% fat w/w by calorie content.

17 The method of claim 13 wherein the α-cyclodextrin is administered in the form of a pill, tablet, powder, capsule, liquid or confection.

18. A method for increasing the level of high density lipoprotein (HDL) cholesterol in a subject in need thereof comprising administering α-cyclodextrin to a subject in need thereof in an amount sufficient to increase HDL levels.

19. The method of claims 18 wherein about 165mg to 11g of α-cyclodextrin is administered to said subject with a fat containing meal.

20. The method of claim 18, wherein said subject consumes about 100g fat per day.

21. The method of claim 18, wherein α-cyclodextrin is in an amount such that it is in a ratio of 1:20 to about 1:3 of fat ingested daily by the subject

22. The method of claim 18, wherein total cholesterol levels are not increased in said subject.

23. The method of claim 18, wherein the α-cyclodextrin is administered in a form selected from the group consisting of a tablet, powder, capsule, liquid and a confection.

24. The method of claim 18, wherein the α-cyclodextrin is administered to the subject in the form of the consumable farinaceous food product of claim 1.

25. The method of claim 21 wherein about 500mg to 33g of α-cyclodextrin is administered to the subject in need thereof daily to increase the level of high density lipoprotein (HDL)

26. A method for reducing the cholesterol/HDL ratio in a subject comprising administering to a subject in need thereof an amount of α-cyclodextrin wherein the amount of α-cyclodextrin administered to said subject and fat ingested daily by said subject is in a ratio of about 1:20 to about 1:3 w/w.

27. The method of claim 26, wherein the α-cyclodextrin is administered in a form selected from the group consisting of a tablet, powder, capsule, liquid and confection.

28. The method of claim 26, wherein the α-cyclodextrin is administered to the subject in the form of the food product of claim 1.

29. The method of claim 26 wherein about 500mg to 33g of α-cyclodextrin is administered to the subject in need thereof daily to reduce the cholesterol/HDL ratio.

30. A method for promoting weight loss in a subject in need thereof comprising administering to a subject in need thereof an amount of α-cyclodextrin wherein the amount of α-cyclodextrin administered to said subject and the amount of ingested fat said subject desires to prevent from being absorbed, are in a ratio of about 1:20 to about 1:3 w/w.

31. The method of claim 30 wherein said subject consumes a daily diet comprising at least 30% fat by caloric content.

32. The method of claim 30, wherein the α-cyclodextrin is administered in the form of a tablet, powder, capsule, liquid or confection

33. The method of claim 30, wherein the α-cyclodextrin is administered to the subject in the form of the consumable farinaceious food product of claim 1.

34. The method of claim 30 wherein about 500mg to 33g of α-cyclodextrin is administered to the subject in need thereof daily to promote weight loss.

35. A method of reducing triglyceride levels in a subject comprising administering to a subject in need thereof an amount of α-cyclodextrin wherein the amount of α-cyclodextrin administered to said subject and fat ingested daily by said subject is in a ratio of about 1:20 to about 1:3 w/w.

36. The method of claim 35, wherein the α-cyclodextrin is administered in the form of a tablet, powder, capsule, liquid or confection.

37. The method of claim 35, wherein the α-cyclodextrin is administered to the subject in the form of the consumable farinaceous food product of claim 1.

38. The method of claim 35 wherein about 500mg to 33g of α-cyclodextrin is administered to the subject in need thereof daily.

39. A method for reducing leptin levels, insulin levels or insulin resistance in a subject comprising administering α-cyclodextrin to a subject in need thereof in an amount sufficient to reduce leptin levels, insulin levels or insulin resistance in said subject.

40. The method of claim 39, wherein the amount of α-cyclodextrin administered to said subject and fat ingested daily by said subject is in a ratio of about 1:20 to about 1:3 w/w.

41. The method of claim 39, wherein the α-cyclodextrin is administered in the form of a tablet, powder, capsule, liquid or confection.

42. The method of claim 39, wherein the α-cyclodextrin is administered to the subject in the form of the consumable farinaceous food product of claim 1.

43. The method of claim 39, wherein about 500mg to 33g of α-cyclodextrin is administered to the subject in need thereof daily.

44. A method for reducing diarrhea in a subject comprising administering to a subject in need thereof α-cyclodextrin in an amount sufficient to reduce diarrhea in said subject.

45. The method of claim 44 wherein said subject is a cholecystectomy subject or a patient suffering from fat aggravated diarrhea.

46. The method of claim 44, wherein the α-cyclodextrin is administered in the form of the consumable farinaceous food product of claim 1.

47. The method of claim 44 wherein the α-cyclodextrin is administered in the form of a pill, capsule, wafer, tablet, powder, liquid or confection.

48. The method of claim 44, wherein about 500mg to 33g of α-cyclodextrin is administered to the subject in need thereof daily.

49. The method of claim 44, wherein the amount of α-cyclodextrin administered to said subject and fat ingested daily by said subject is in a ratio of about 1:20 to about 1:3 w/w.

50. The method of claim 18, wherein the α-cyclodextrin is administered to the subject in the form of the consumable non-farinaceous food product of claim 5.

51. The method of claim 26 wherein the α-cyclodextrin is administered to the subject in the form of the consumably non-farinaceous food product of claim 5.

52. The method of claim 30, wherein the α-cyclodextrin is administered to the subject in the form of the consumable non-farinaceous food product of claim 5.

53. The method of claim 35, wherein the α-cyclodextrin is administered to the subject in the form of the consumable non-farinaceous food product of claim 5.

54. The method of claim 39, wherein the α-cyclodextrin is administered to the subject in the form of the consumable non-farinaceous food product claim 5.

55. The method of claim 44, wherein the α-cyclodextrin is administered in the form of the consumable non-farinaceious food product of claim 5.

56. The method of claim 44 wherein the consumable food product comprises about 20% to 70% fat w/w or calories.

57. The method of claim 54 wherein the consumable food product comprises about 40% to 70% fat w/w or calories.

58. The method of claim 44 wherein the subject is a mammal.

59. The method of claim 58 wherein the mammal is selected from the group consisting of human, horse, cow, dog, and cat.

60. The method of claim 59 wherein the α-cyclodextrin is administered in the form of a pet food.

61. A method for reducing the amount of time required to produce whipped cream comprising adding α-cyclodextrin to cream during or prior to whipping said cream wherein α-cyclodextrin is added in an amount sufficient to reduce the amount of time required to produce whipped cream.